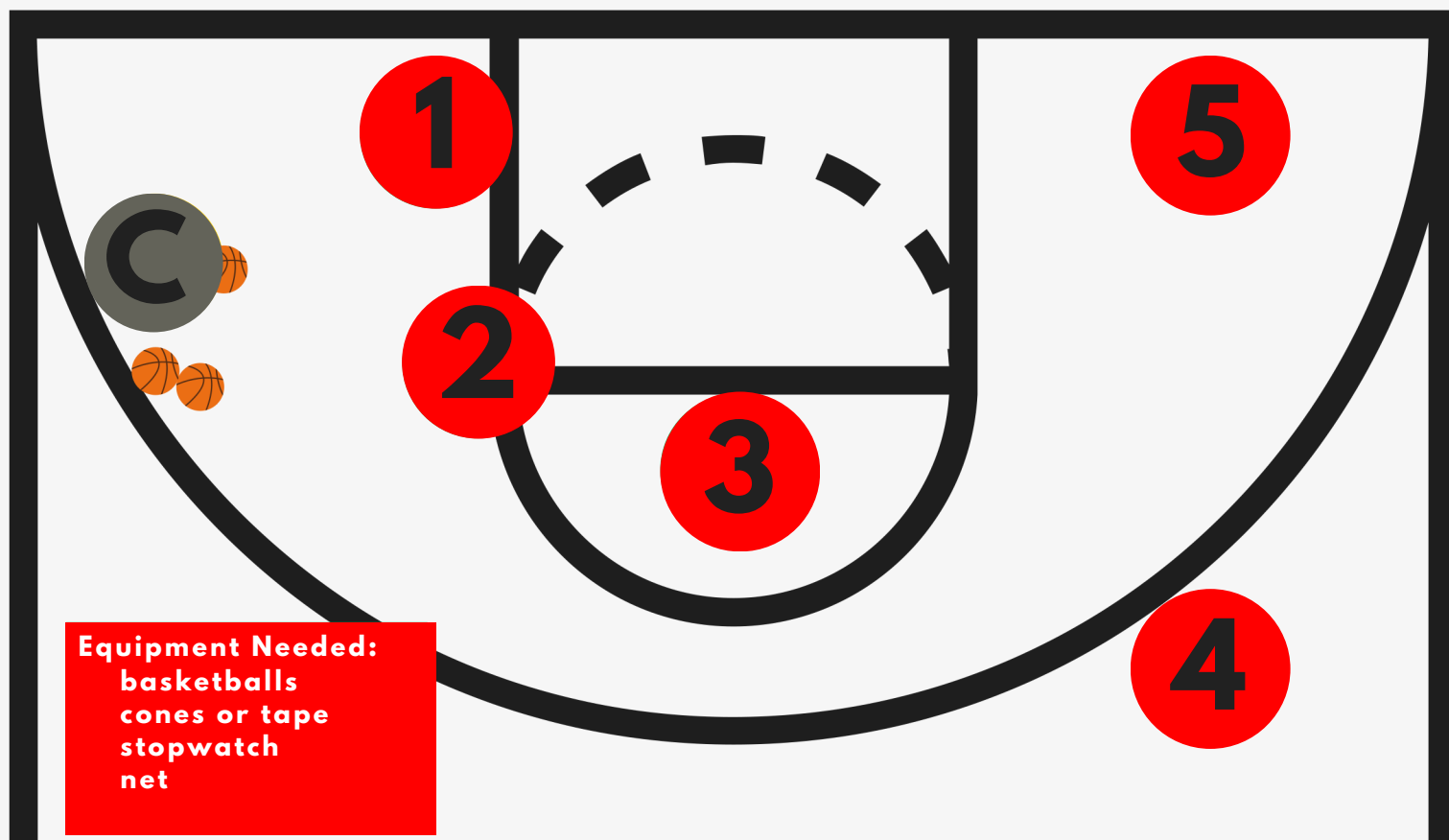




PERIMETER SHOOTING

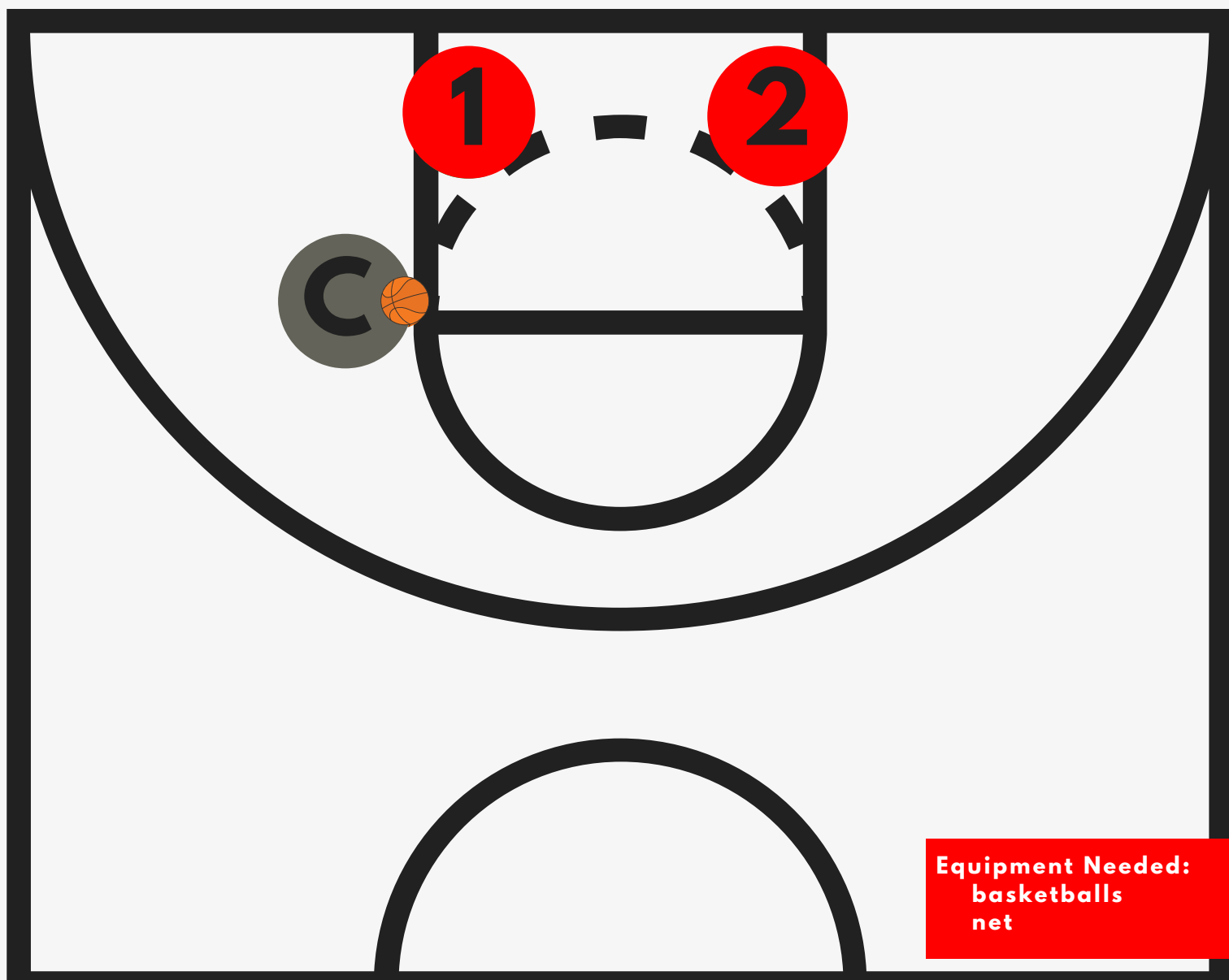
- 1 Athletes will take 5 shots going 1 to 5.
- 2 Coach will hand/pass a ball to the athletes for each shot.
- 3 Drill will be timed and points will be assigned based on time it took to finish the drill.

Shot #	Shot Type
#1	Low block shot
#2	Elbow shot
#3	Free throw line
#4	3 Point Shot
#5	Corner jumper

Time	Points
Under 15 secs	20 Points
Between 15-25 secs	15 Points
Between 25-35 secs	10 Points
Between 35-45 secs	5 Points
Over 45 secs	1 Point

*Athlete starts with ball in hand
*Time starts when coach says go

Shots	Points
Making a shot	5 Points
Hits the top rim or backboard	2 Points
Air ball or hitting bottom of net/rim	0 Points



Equipment Needed:
basketballs
net

LAYUP SHOTS

1 Athletes will take two layup shots on each side of the net.

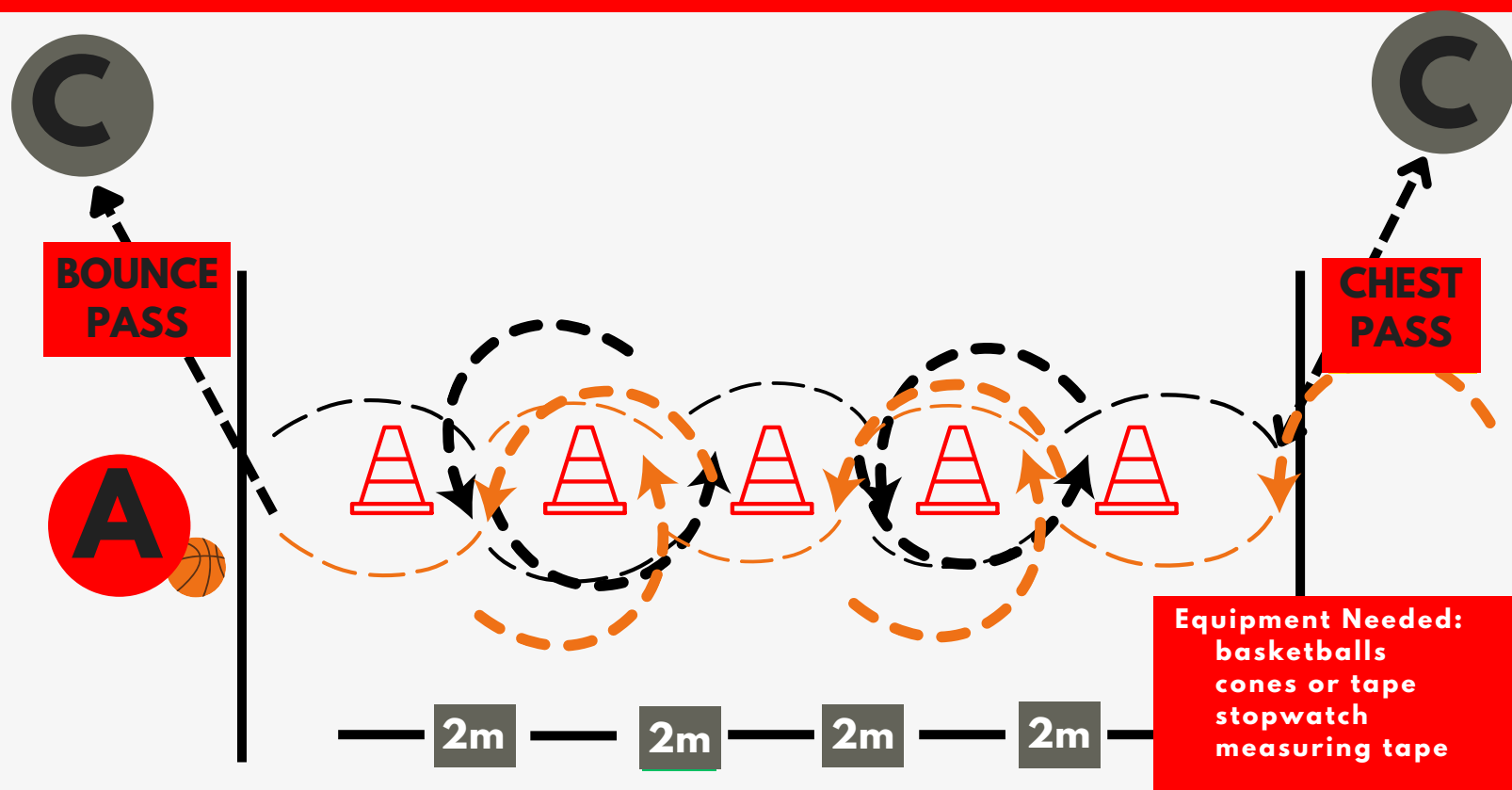
2 The athlete will receive points for each layup.

3 The athlete can walk or run in to make the shot.

Layups

Layups	Points
Good layup form	1 Point
Scores on layup	2 Points
Hits the top rim or backboard	1 Point
Air ball or hitting bottom of net/rim	0 Points

BASKETBALL SKILLS



DRIBBLE & PASSING

Athletes will be timed as they dribble(weave)through cones, make passes and receive a pass.

1 Athletes will start on the line with a ball. Time will start when the coach says go and they will start to weave through the cones as they dribble. Points for correct dribble.

2 When the athlete gets to the end of the 5 cones, they will make a chest pass to the coach, and then they will receive a chest pass back from the coach.

3 The athlete will then go through the 5 cones again, at the end of the cones the athlete will make a bounce pass to a coach. Time will stop when coach receives pass.

4 This drill will be timed.

Dribble

Going around cone without traveling or double dribble

Knocked over cone or missed cone

Points

1 Point per cone

0 Points

Passing

Correct chest pass to coach

Catch chest pass from coach

Correct bounce pass to coach

Missed pass or catch

Points

1 Point

1 Point

1 Point

0 Points

Time

Under 15 seconds

Between 15-30seconds

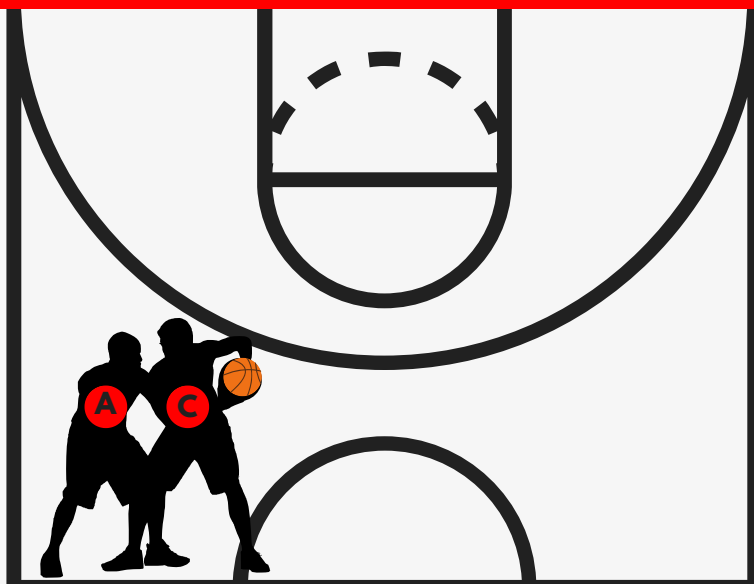
Over 30 seconds

Points

2 Points

1 Point

0 Points



Equipment Needed:
basketball
stopwatch
net

1 ON 1 (20 SECS)

Athletes will play a timed 1 on 1 versus a coach. The athlete will play both offensively and defensively with a break in between.

1 Athlete and coach will start at the half court line. Time starts when defensive player passes to offensive player.

2 Offensive player will work their way down the court with the goal of trying to score a basket on a coach playing defence. Coaches will watch the player offensively to award points.

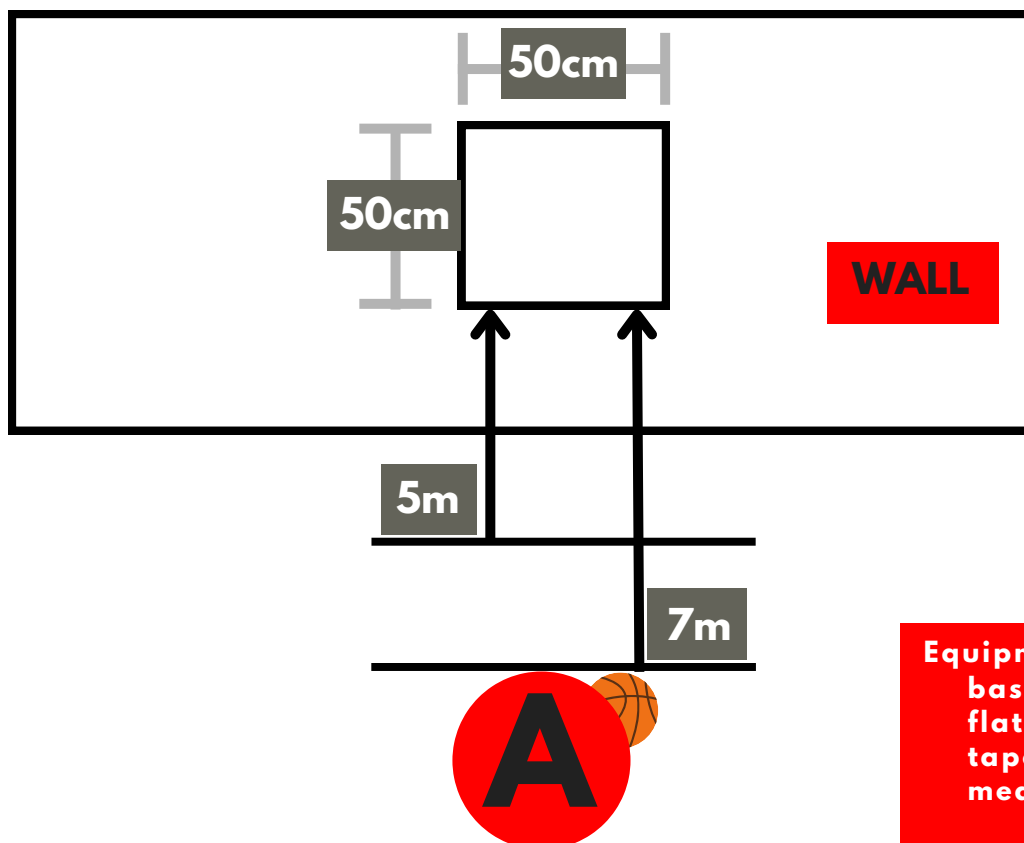
Defensive player will work to contain and prevent offensive coach from shooting/scoring. Coaches will watch the player defensively to award points.

3

Offence	Points
Keep control of the ball	1 Point
Good dribble	1 Point
Ability to move towards the basket	1 Point

Attempting a shot	2 Points
Score before time is up	

Defence	Points
Good defensive stance	1 Point
Hands up in good position	1 Point
Stay between person and basket (each)	1 Point
Legally attempt to steal and/or block one or more times	2 Points
Block or prevent shooter from scoring or getting a shot off before time is up	2 Points



Equipment Needed:
basketballs
flat wall
tape
measuring tape

TARGET PASSING

- 1 Athletes will make 6 total passes. 3 Passes at 5m and 3 passes at 7m. Points will be given for accuracy to hit inside the square
- 2 A 50cm square box is marked on the wall using tape. The bottom line of the square will be 1 meter from the floor
- 3 A line will be marked at the 5m and 7m from the wall. Athletes must stay behind the line for all passes. Athletes who step on or over the throwing line will get one re-do pass per distance. After that no points for steps on or over the line.
- 4 Athletes should pause between passes to ensure scorekeeper is ready. This is not a timed skill.

Target Passing	Points
Hitting the wall inside the square	3 Points
Hitting the lines of the square	2 Points
Hitting the wall but not in the square	1 Point
No points if the ball bounces before hitting the wall	

Intangible Skills

NAME	UNDERSTAND RULES /5	TRANSFER SKILLS TO GAME PLAY /5	TEAM PLAYER /5	RECEPTIVE TO COACHES INSTRUCTIONS /5	COPE WITH TRAVEL (PROV. & NAT.) /5	TOTAL /25	NOTES

1 Coaches will fill out the intangible list for each athlete eligible for the team

2 Each skill will be marked out of 5

3 Intangible Skills will be combined with sport skills for a full total

4 Skills are: Understanding rules, transfer skills to game play, team player, receptive to coaches instructions, cope with travel (provincial/national)

Special Olympics
Olympiques spéciaux
Canada

[illegible]

Divisioning Form



Point System

10 = Excellent, play like a very skilled generic adult team

8= Very good, play like a good generic adult team

6= Good, play like the average generic adult team

5= Average

4= Below average

2= Beginner with little knowledge of the game

1 = Beginner with very limited knowledge of the game

What is being evaluated in Overall Dominance?

- Did one team dominate ball possession?
- Did one team set the pace of play?
- Was one team more physical than the other?
- Did one team score far more points than the other?

What Sport Skills are being evaluated?

- Does the athlete(s) maintain ball control?
- Does the athletes(s) have basic shooting form?
- Does the athlete(s) have the ability make passes to open players?
- Can the athlete(s) dribble the ball while moving?
- Is athlete(s) fast enough to keep up with the play of the game?
- Can the athlete(s) move in multiple directions in an agile manner?

What Defensive Skills are being evaluated?

- Ability to impede a player when shooting or driving the basket
- Ability to block or attempt to block an offensive player on a shot
- Ability to grab the ball on rebounds - Ability to steal the ball away from an offensive player

What Offensive Skills are being evaluated?

- Ability to shoot accurately
- Ability to score from multiple locations on the basketball court (Under the basketball, three point line)
- Ability to perform a basic lay-up on a breakaway
- Ability to dribble around defensive players
- Ability to make passes when under pressure

Divisioning Form

What is being evaluated in Team Possession and Strategy?

- Does the team use ball possession effectively? (Immediately try for a basket or set up plays)
 - Does the team understand the shot clock?
- Does the team understand defensive and offensive strategy (man to man defense, box, etc)

What is being evaluated in Team Fitness?

- Did one team have athletes that were much faster than the other?
- Did one team start strong but get fatigued as the game went on?
- Did one team win more ball scrambles due to speed and strength?

What is being evaluated in Sport Knowledge?

- Do the athletes have a basic understanding of the rules?
- Do the athletes shoot and pass the ball at appropriate times?
- Do the athletes understand the basic player positions?

What is being evaluated in Coaching?

- Did the coaches control line changes effectively?
- Did coaches utilize defensive and offensive strategies?
 - Did coaches take time outs effectively?
- Did coaches have the ability to motivate players?

What kind of Comments are expected?

- Was one team far more aggressive and therefore made the game unsafe?
- Were these teams evenly matched or did one team completely dominate the game?
 - Did one team dominate due to 1-2 superior players or was it a team effort?